

How To Baby to Go Sleep Fast

New parents wonder when their babies start to sleep through the night by themselves, and to a parent who hasn't gotten much sleep, the answer to this question becomes extremely important. New moms question whether this even comes naturally or would they have to train them to learn how to do this. How can moms get babies to sleep and stay asleep so they could feel more rested the next day? When do they start to sleep through the night?

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There is no straight forward, fix-all answer to these questions, since all babies are different from each other, and so the method that works is different too for all babies. However in general, it seems experts agree that babies start to sleep through the night from 3-9 months, without having to wake up too often to feed. On the other hand, some babies take as long as 12 months to learn to sleep through the night. Again, it's different for all infants, so don't worry if your child is not sleeping through the night yet.

Many baby experts say that babies might in the course of time learn to sleep through the night on their own, but helping them learn and creating an environment for them to do so might be a better, a less stressful way. Below are some advice and tips they give to moms to remember:

Key Point #1: Change parents' attitude first. Babies can feel mommy's have negative feelings, and if the parents are getting frustrated getting their baby asleep, the baby can sense this negative vibe too. If they feel that mom or dad is frustrated, then they would be frustrated too and think that sleeping is an unwanted, disconcerting thing to do. This might lead them to cry and fuss when nighttime rolls around. So check how your attitude is and how your baby might be getting the wrong message about sleeping.

Key Point #2: Your routine matters. Since a child can't be turned on or off at will, no one can pressure a baby to alter his reaction to anything, even the reaction he or she has to bedtime. So rather than endeavoring to change your baby, try altering your ways and the routine you follow in order to accommodate your baby better. For example, you might want to try napping when your baby naps and staying awake when your baby is awake.

Key Point #3: Create sleep association. We want our baby to think that sleeping is good, warm, and comfortable. We want our baby to understand that it's OK to fall asleep, that it's safe. So create an environment that will get the baby to think like that it's safe. Turn on soft music when it's bedtime, cover the baby with the same soft blanket, and put the same favorite stuffed toy next to the baby. Once the baby gets used to it, doing these things would aid the baby to fall asleep faster because it would signify bedtime to him.

Key Point #4: Develop Bedtime Routine. Most pediatricians agree that putting a baby to bed begins hours in advance to the real sleep-time. Establish a routine that quiets and soothes the baby hours before the actual bedtime, such as, quieting down the sound (the TV, music, etc.), giving him a nice warm bath, playing quiet games, etc. This will help the baby become drowsy and sleepy, and soon you'll see him yawning and rubbing his eyes. Overtime, the baby will comprehend that quieting down means going to sleep.

Key Point #5: Avoid suppressing baby's natural impulses. As doting, we have to remember that the babies could be as frustrated as you are. Trying to suppress a baby's natural impulse might lead to more frustration building up. Rather, try to understand why the infant is doing what he is doing. Even though it can feel like it's a mystery, there is always a reason why babies cry.

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